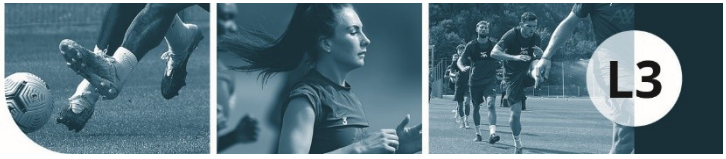


# BTEC Assignment Brief

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| **Qualification** | Pearson BTEC Level 3 International Qualifications in Sport |
| **Unit number and title** | **Unit 28: Fitness Testing** |
| **Learning aims** | A Examine a range of laboratory-based and field- based fitness tests |
| **Assignment title** | A presentation on different fitness tests |
| **Assessor** | |
| **Issue date** | |
| **Hand in deadline** | |

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| **Vocational Scenario or Context** | A local sports club has asked if you are interested in becoming an assistant coach. The club are keen to develop the physical conditioning of the athletes. They are looking for someone to assist with the fitness testing procedures, to determine the current fitness levels of a range of athletes.<br><br>You are required to demonstrate your practical skills and understanding of fitness testing procedures through a variety of tasks that have been discussed, and agreed, in a recent committee meeting of club members. |

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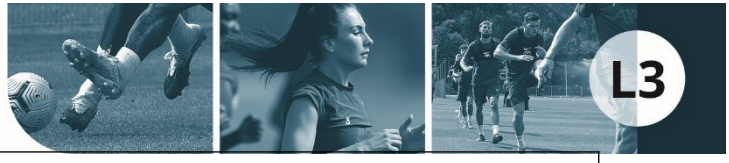
| **Task 1** | A presentation on different fitness tests, their application and types of data they provide for specific individuals<br><br>You will describe one fitness test for each component of physical fitness. Tests for flexibility, strength, aerobic endurance, speed, power, muscular endurance and body composition need to be covered, along with their purpose and function.<br><br>You will need to evaluate the advantages and disadvantages of fitness tests for each component of physical fitness and relate these to a specific individual's needs. Advantages and disadvantages of fitness tests should be explored through practical participation in order to highlight variables in test methodology that could affect validity and reliability.<br><br>You will consider factors related to test validity and reliability and how these factors could affect data results in relation to wider issues.<br><br>The presentation should be split into five sections and contain the following information:<br><br>**Section 1: Fitness tests**<br>• Flexibility |

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| | • Strength<br>• Aerobic endurance<br>• Speed<br>• Power<br>• Muscular endurance<br>• Body composition<br>• Purpose<br><br>**Section 2: Advantages and disadvantages of different tests**<br>• Validity<br>• Reliability<br>• Wider issues |
| **Checklist of evidence required** | A presentation on different fitness tests covering the following areas:<br>• Fitness tests<br>• Advantages and disadvantages of different tests |

| **Criteria covered by this task:** | |
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| Unit/Criteria reference | To achieve the criteria, you must show that you are able to: |
| A.P1 | Describe the purpose and function of tests for each area of fitness. |
| A.M1 | Compare fitness tests for physical fitness. |
| A.D1 | Evaluate the benefits and disadvantages of fitness tests for different types of fitness in relation to the needs of individuals. |

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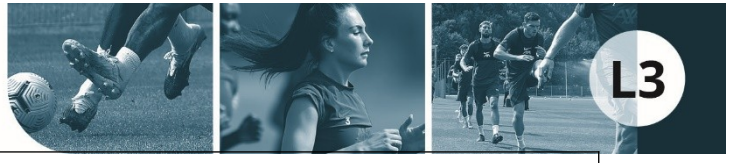
| **Sources of information to support you with this Assignment** | **Textbooks**<br><br>Adams M et al – BTEC Level 3 National Sport (Performance and Excellence) Student Book (Pearson, 2010) ISBN 9781846906510<br><br>Adams M et al – BTEC Level 3 National Sport Teaching Resource Pack (Pearson, 2010) ISBN 9781846906541<br><br>American College of Sports Medicine – ACSM's Guidelines for Exercise Testing and Prescription, 7th edition (Lippincott Williams and Wilkins, 2005) ISBN 9780781745901<br><br>American College of Sports Medicine – ACSM's Health-Related Physical Fitness Assessment Manual (Lippincott Williams and Wilkins, 2007) ISBN 9780781775496<br><br>Coulson M – The Fitness Instructor's Handbook: A Complete Guide to Health and Fitness – Fitness Professionals (A&C Black, 2007) ISBN 9780713682250<br><br>Heyward V H – Advanced Fitness Assessment and Exercise Prescription (Human Kinetics, 2006) ISBN 9780736057325<br><br>Howley E T and Franks B D – Health Fitness Instructor's Handbook (Human Kinetics Europe, 2003)ISBN 9780736042109<br><br>Powers S K and Howley E T – Exercise Physiology: Theory and Application to Fitness and Performance (McGraw Hill Higher Education, 2006) ISBN 9780071107266<br><br>Sharkey B J and Gaskill S E – Fitness and Health (Human Kinetics, 2006) ISBN 9780736056144 |

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| | Skinner J – Exercise Testing and Exercise Prescription for Special Cases: Theoretical and Clinical Applications (Lippincott Williams and Wilkins, 2005) ISBN 9780781741132<br><br>**Websites**<br><br>American College of Sports Medicine<br>www.acsm.org<br><br>Coachwise<br>www.1st4sport.com<br><br>Human Kinetics<br>www.humankinetics.com<br><br>Sport Science<br>www.sportsci.org<br><br>Top End Sports<br>www.topendsports.com |
| **Other assessment materials attached to this brief** | |